

Radical Magical Brilliance

Small Self-Care Practices

1 minute

- Take 3 deep breaths or counting breaths
- Take your shoes off and rub your feet
- Smell something nice
- Splash water your face or drink a glass of water
- Do shoulder rolls
- Hug your child or partner
- Say a prayer
- Name 3 things you're grateful for

15 minutes

- Journal
- Read a book
- Go for a short walk
- Arrange flowers in a vase
- Cuddle with your children/partner/snuggly
- Take a power nap
- Meditate for 15 min
- Exercise, dance, stretch or do yoga

5 minutes

- Make yourself a cup of tea
- Dance to your favorite song
- Step outside and look at the sky
- Stretch or do yoga
- Meditate for 5 min

30 minutes

- Read a good book
- Take a hot bath
- Watch your favorite show
- Take a nap
- Draw something
- Call a friend
- Go for a walk